

ULTRA ACCESS

Mental Health Wellbeing Alert: Self Diagnosis

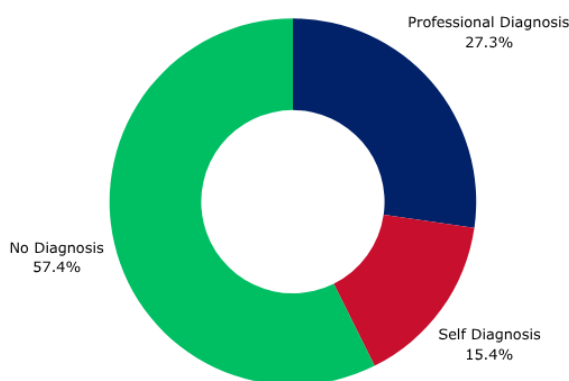
How to check (via various methods) to see if you have Mental Health condition

Mental Health affects us all, in one capacity or another. With there being conditions we're born with, or ones that develop over time due to various constant periods of unfortunate mental distress and/or possible medical trauma, or after-effects of treatment.

And unless a **Professional Diagnosis** is conducted one might never know that they have a condition at all.

Based on that possibility alone, there's probably lots of people who may have significant mental health conditions and have no idea of what they might be...

... so a (basic) **Self Diagnosis**, to ascertain what might be affecting them could be a possible way to at-least give you something to present to a fully qualified professional - for a further analysis later on.



Using data from **ScienceDirect.com** (a well-regarded website of mental health and psychology peers) in their 2014 study into: "**Associations between sociodemographic characteristics and receipt of professional diagnosis in Common Mental Disorder**", **ULTRA ACCESS** has been able to create this chart, showing that (rounded):

- **27%** of those with a Mental Health condition has had some kind of **Professional Diagnosis**...
- **15%** have only carried out a **Self Diagnosis**, without a professional one.
- Leaving the remaining **58%** of people have **not been diagnosed** at all.

What things to look out for that could indicate symptoms of a mental health condition manifesting, or a way to "self diagnose" yourself in preparation for a professional mental health assessment:

- Broken sleep patterns, and difficulties in both falling to sleep and waking up.
- A sudden (or gradual) loss of appetite.
- A change of mood, and a looming feeling of dread or hopelessness.
- An increase of your irritation (or more accurately tolerance for others, and their proximity) to yourself.
- Withdrawal from social interactions.
- Brain fog and dissociation.

... where the above is not a definitive list or any possible indication of a decline in ones Mental Health, if the above is affecting there could be an underlining reason why x, y and z is affecting you.

As always - **SEEK PROFESSIONAL HELP**, if you are feeling any of the above to be better safe than sorry and proactively take care of your Mental Health...

